

Hash Browns with Onions



Makes:

4 servings

Utensil:

Saladmaster Food Processor
10" Chef's Gourmet Skillet

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Recipe:

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Recipe Description:

This very quick and healthy hash brown recipe can be personalized to fit your own taste. Add some chopped tomatoes or bell peppers, and kick it up a notch by adding your favorite spices.

1 medium onion, strung, use Cone #2
2 large potatoes, strung, use Cone #2
salt, to taste

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add onions and potatoes. Cook, stirring, for approximately 2 - 3 minutes.
2. Arrange potatoes into single layer in skillet and cover with the 11" Large Skillet cover. Cook for an additional 5 minutes. Season to taste and serve.

Tips:

- Process the potatoes using Cone #3 for a larger, thicker, French fry cut.

Nutritional Information per

▼ Serving

Calories: 83
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 7mg
Total 19g
Carbs:
Dietary Fiber: 3g
Sugar: 2g
Protein: 2g